

J. S. HAS SECOND LARGEST FORCE

Ten Million Men Could be Placed in Field if Necessary.

WASHINGTON, April 21.—The United States could put an army of 10,000,000 men into the field if pushed to the limit for preserving the nation, according to a statement just issued by the war college, after an exhaustive investigation of the much debated question of Uncle Sam's war strength.

Only one other nation in the world—Russia—has more men available for war and through lack of resources to supply equipment. It is doubtful whether she could put more men in the field. The United States has 17,000,000 males between 18 and 45 years old fit for service, but the requirements of industry would necessitate a deduction of 7,000,000 to give a correct estimate of the actual number available for field service, according to the war college. Russia has 27,000,000 males of military age, 17,000,000 of which are available for military duty, which gives some idea of Russia's enormous "come back" power in the face of its heavy losses on the eastern front.

The war college estimates Germany's much debated fighting strength at 6,700,000 men, and Austria-Hungary's at 5,400,000. This does not mean, however, that these nations have put that many men into the field. France's total males actually available and fit for service are 4,000,000; Japan's, 5,400,000; England's, 4,600,000, and Italy's, 2,600,000.

In striking contrast to its enormous man power, second only to Russia, the United States' actual trained strength is the smallest of all the important powers. Its peace establishment is about 10,000 men, and the total trained, organized, armed, equipped and fit for actual fighting is approximately 200,000 men, this total including the national guard.

Germany, utilizing every resource in man power, has 6,700,000 trained and equipped fighting men. Another interesting point shown by the war college's investigation is that the yearly cost per man for army maintenance is greater in the United States than in any other nation. This is due, of course, to the pay system in the United States. Each soldier costs the United States \$119 a year, while democratic Switzerland, with the best army in the world, man for man, according to military experts, pays \$22.50 annually per soldier. It costs Germany \$21.64 annually for each soldier.

The United States spends approximately \$102,000,000 a year on its army. Russia spends \$381,000,000 annually in the same manner. Germany's outlay for its army is \$212,000,000; France's \$200,000,000, and England's, \$141,000,000; these figures applying, of course, only to normal times.

The senate military affairs committee, when it brings out the bill for universal military training, will make the point that the United States could easily have a trained and equipped army of 5,000,000 men at the present cost of the regular army, which would no longer be necessary.

HOLD TWO GIRLS.

International News Service: INDIANAPOLIS, Ind., April 21.—Minnie Britton, 17 years old, and Laura Brown, 16 years old, who disappeared from their homes in Alton, Ill., April 8, are being held here awaiting the arrival of their parents. The girls were located in a rooming house early Thursday morning.

DON'T SQUEEZE BLACK-HEADS—DISSOLVE THEM

Squeezing and pinching out blackheads make the pores large and cause irritation—then, too, after they have become hard you cannot get all of them out. Blackheads are caused by accumulations of dust and dirt and secretions from the skin and there is only one safe and sure way and one that never fails to get rid of them—a simple way, too—that is to dissolve them. Just get from any drug store a box of ounces of powdered peroxide—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly for a few seconds—wash off and you'll be surprised to see that even the blackhead has disappeared, and the skin will be left soft and the pores in their natural condition—anyone troubled with these unsightly blemishes should try this simple method.—Adv.

YOUR SPRING TONIC

To take a tonic in the Spring is only aiding nature. Everybody needs it. Confinement to the home, the store, or the office, during the winter months has reduced our vitality. You are beginning to notice that tired feeling. Nothing alarming. You simply need a Spring Tonic, a Bracer, something to tone up the whole system, cleanse the blood, start up a healthy circulation and regulate the liver.

Don't experiment this Spring, try a box of

WENDELL'S AMBITION PILLS
Fifty cents a box at all Druggists

Wetick's Original Cut Rate Medicine Store is authorized by the maker to refund the purchase price if you are not satisfied with the first box purchased. Mail orders filled, charges prepaid, by the Wendell Pharmaceutical Company, Inc., Syracuse, N. Y.—Adv.

NO MORE OF "THE LIFE" FOR DR. WARREN WAITE



DR. ARTHUR WARREN WAITE
ON THE LIFE OF THE LATE

Common Mistakes About Food Values

By Words Hutchinson, M. D.
The World's Best Known Writer on Medical Subjects.

"Man cannot live by bread alone," still less by carbohydrates and cornmeal. Even the staff of life can make only the walls of life's sandwich and must be spread with butter, filled with meat and well loaded with jam, to make the sacred balanced ration. The four-year-old who revised and expanded the closing lines of his evening prayer—"Give us this day our daily bread—'an' plenty uv butter on it," brought his theology strictly up to date.

"Bread"—something else comes as naturally to our tongues as the familiar "Ham and—" of the short-order beaneries. We are fond of boasting, and pardonably, that we have rationalized our ideas of diet and put food problems upon a purely scientific basis, with accuracy and precision in place of guesswork and rule of thumb. This is as it should be and a great improvement over our hit-or-miss methods in the days of ignorance.

But every new reason opened up offers us fresh chances of losing our way, and each advance of knowledge brings with it new possibilities of mistakes.

Ever since we realized that the human body was an engine, driven by the fuel shoveled into its stomach furnace in the form of food, we have naturally been eagerly asking the question, "What is the cheapest form of food fuel which can be burnt efficiently and safely in the human engine?" We have been in the age-long habit of eating and regarding as necessary certain staple foods—wheat bread, meat, butter, eggs, potatoes, sugar, etc.—but perhaps our liking for these has been due simply to early training at the home table, tradition or convenience.

Is there anything else which is just as good for keeping up a proper head of steam and much less expensive than these old standbys and favorites? At the first blush it looked as if this question would be very promptly and confidently answered in the affirmative. Foods are fuels, fuels are estimated by the number of heat units or calories they contain per pound. Here are many perfectly good foods, such as cornmeal, potatoes, rice, barley, cassava, which contain just as many calories per pound as do wheat, flour, beef, mutton, eggs and sugar, and are ever so much cheaper.

It may be explained incidentally that a calorie, though it sounds rather appalling, is simply the amount of heat which will raise one quart of water one degree in temperature, and has been adopted simply as a convenient unit of measurement in foods. If it is further remembered that an average "real" food, such as bread, meat, cake or sugar, contains about 1,000 calories per pound, and that three such pounds, or 2,000 calories are required for a day's working rations, 1,000 calories or one pound of solid food, at each meal, it will be seen how simple the calorie method of estimating and comparing foods really is.

Not a few of our earlier food reformers, carried away by the enthusiasm of new knowledge, began constructing and eagerly urging scientific and economical diets, with cornmeal and potatoes in the place of bread; beans, nuts and cheese instead of meat; oil for butter, and milk and vegetables in place of eggs, fish and oysters. These, they assured us, would cut down our food bills nearly one-half and at the same time remove all temptation to over-eat and deliver us from gout, rheumatism, dyspepsia, apoplexy, liver and kidney diseases.

The reformers make good on their last specification without question, for the denatured and sin-purified menus which they constructed wouldn't tempt anybody or anything to excess except a rabbit or a town cow. But when it came to the earlier promise, the new fuels couldn't be made to fill the bill at all.

These "just-as-good and far-less-expensive" substitutes proved to be in the same class as all the widely advertised health foods and patent foods, wonderful in purity, superb in analysis of contents, with only one drawback—people can't live on them, children won't grow on them.

You need new clothes for Easter

They're here---the smartest styles going

MOST men feel that Easter Sunday calls for new clothes; that's why we're printing this big advertisement---to let you know that we are ready for you with everything that a well dressed man needs. You'll feel like "taking your hat off to us" when you see this complete, extensive, correct, broad choice of newest Easter fashions we've provided for you men, young men and boys.

Our greatest triumph this season is our unusual lot of stylish and serviceable suits and overcoats at \$20, \$22.50 and \$25

You'll see here for Easter the most comprehensive display of good clothes ever offered by one store at these prices. For excellence of weave and tailoring, for extreme style, the values are wonderful. Models with every style innovation for the young chap who's looking for the latest "kink of fashion," as well as the most approved style for men of more conservative tastes. Suits in link, 2 and 3 button effects; double-breasted suits, the new "pinch" and sport back effects that are proving so popular, the new narrow lapels; the smart new flannels in solid shades of green, blue and brown; the new stripes in wide, medium and narrow effects; and magnificent satin finish blue serge suits, with silk lining if you prefer. You'll realize when you see these what wonderful values we've produced for you at \$20, \$22.50, \$25.

YOUNG MEN WHO SEEK NEW IDEAS COME HERE FOR THEIR CLOTHES.

The array of smart, lively new styles we show for the young men is bringing us the greatest business in our history; youthful, original models; new colorings, designs; the right things for progressive young men.

Sport suits, pinch backs, form fitting sacks, double or single breasted sacks; close shoulders, new hip effects, narrow lapels; all the new style tendencies of today and tomorrow at prices that will please you, \$15, \$18.50, \$20, \$22.50, \$25, \$30.

Men who won't spend over \$15 for a suit of clothes have found that our suits are by far better values than any they have ever seen or bought for their money before—these are really \$20 values that we retail at \$15. We buy such enormous lots of them that we pay the maker the price that \$15 suits usually cost. We sell them on a basis of what they cost—that's why you get \$20 value in our suits at \$15.

BLUE SERGE AND BLACK SUITS FOR EASTER.

Every man should have a blue suit to change off with from your fancy one. Sooner or later you're going to buy one; we know when you do, just remember that a visit to our store will put you in direct touch with, undoubtedly, the greatest stock of blues in South Bend. We've selected them carefully.

They're in styles suitable for men and young men; plain and self-stripe serges, silk decorated serges, fine unfinished worsteds, flannels. True blue, guaranteed; 1/4, 1/2 or full lined; many with silk, every size & dimension, \$15 to \$30.

Copyright Hart Schaffner & Marx



Come to Our Boys' Store for Styles and Qualities that are Good



Sampeck Clothes
The Standard of America

Boys' single and double breasted belt Norfolk suits, in many patterns; exceptional values at \$6.50.

Black and white check yoke Norfoks for boys; tweed and worsteds; patch pockets; all have extra knickers; a big stock of these at \$7.50 and \$8.50.

Other very classy suits for boys; all with extra knickers; new flannels and homespun; late styles, \$10, \$12.50 and \$15.

Boys' \$5 suits that are "dreadnaughts" for service and can stand boyish roughness. Pleated Norfoks, made in an extra strength way with two pairs of knickers. One of the hardest things to find is boy-proof clothes that are good looking for \$5; but you certainly find them in these at \$5.00.

Confirmation and Easter suits, a remarkable line of blue serges for boys of all ages, guaranteed not to fade, \$5 to \$15.

Reefers, slip-ons, raincoats for boys and small lads, \$2, \$3, \$3.50, \$4, \$5, \$6.50 to \$10.00.

Wash suits; new, exclusive fashions, \$1 to \$5.

SAM'L SPIRO & CO

Home of Hart Schaffner & Marx Clothes, Knox Hats, Sampeck Boys' Clothes